

# Dysphagia Diet Plan

## 1. Purpose

Special consistency modified diets are designed for people with swallowing difficulties. There are different stages, and each one requires a different consistency these include pureed, mechanically altered, and advanced.

## 2. Population

This diet is for anyone that happens to have any form of dysphagia, this applies to all age groups and all types of people.

## 3. General Guidelines

- a. Phase 1- All foods must be pureed, all liquids must be thickened to a similar consistency.
- b. Phase 2- Foods must be mechanically altered, that is to say they must be softer and moist.
- c. Phase 3- These foods must be extremely soft and moistened in order to be swallowed.

These diets efficacy depend solely on the prescription of calories for the individual patient and the alteration to the foods given to meet the normal nutrient needs of the patient.

## 4. Education Material

For each phase of the dysphagia diet education must be tailored to describe what foods are safe and what food are not. In addition educating on the certain thickness of liquids for the patients specific phase need to be addressed. Patient education on product use of Thicket is especially important in this matter. Compliance to this diet will be made easier by variety of dishes and different preparations of foods, specifically form, color, and sauces must be accounted for.

## 5. Sample Menu

- a. Recommended Foods- Braised, chopped, and ground meats, soft and or thoroughly cooked vegetables and fruits, pastas and soft grains including waffles, pancakes, and uncrusted bread.
- b. Non-Recommended Foods- Tough, grilled meats, vegetables and or fruit that have a hard peel/rind/consistency, wild rice, potato chips or French fries and crusty bread of any kind.
- c. Menu for Modified

\*\*All liquids would be at prescribed consistency

B- Orange Juice, oatmeal moistened with milk, 1 egg scrambled soft, 1 blueberry muffin with margarine

L-Creamy Potato Soup without chunks, Meatloaf with mashed potatoes and gravy, carrots and peas, canned peaches and pairs, soft bake peanut butter cookie, and milk

D-Creamy Tomato Soup, Chicken Pie Casserole, Cherry Jubilee Over Ice Cream, and Iced Tea.

## 6. Websites

### a. Organizations with Websites

[www.dysphagia-diet.com](http://www.dysphagia-diet.com)

[www.nutritioncaremanual.org](http://www.nutritioncaremanual.org)

<http://www.gicare.com/Diets/Dysphagia.aspx>

[www.eatright.org](http://www.eatright.org)

### b. Government Websites

[www.hnehealth.nsw.gov.au](http://www.hnehealth.nsw.gov.au)

[www.nidcd.nih.gov](http://www.nidcd.nih.gov)

## 7. References

### a. Journal articles references

AHRQ. Diagnosis and Treatment of Swallowing Disorders (Dysphagia) in Acute-Care Stroke Patients. *AHRQ Commissioned ECRI report*. 1999

Adeleye B, Rachal C. Comparison of the rheological properties of ready-to-serve and powdered instant food - thickened beverages at different temperatures for dysphagic patients. *J Am Diet Assoc*. 2007;107(7):1176-1182.

Macqueen C, Taubert S, Cotter D, Stevens S, Frost G. Which commercial thickening agent do patients prefer? *Dysphagia*. 2003;18:46-52.

National Dysphagia Diet Task Force. *National Dysphagia Diet: Standardization for Optimal Care*. Chicago, IL: American Dietetic Association; 2002.